



El Cerrito Community Center
 7007 Moeser Lane
 (510) 559-7000
 recreation@ci.el-cerrito.ca.us

IN-PERSON PROGRAMS RETURNING THIS FALL!

The El Cerrito Recreation Department is excited to transition back to in-person programming. The next stage in our re-opening includes in-person classes for all ages. Please note all programs require advance registration including payment of course fees (with the exception of Swim Center drop-in programs). To register for a program, visit www.el-cerrito.org/onlinereg or stop by the Community Center for assistance during office hours.

ATTENTION!

Masks Required

Face Coverings are required indoors regardless of vaccination status.



EL CERRITO COMMUNITY CENTER



Office Hours

Monday-Thursday
 1-4pm OR
 9am-12pm by appointment

SENIOR SERVICES NOW LOCATED AT THE EL CERRITO COMMUNITY CENTER

Café Costa To-Go Meals for EC Residents	Age 60+	Nutritious meals delivered once a week on Wed. Meals include: 5 frozen meals, milk or calcium drink mix, fresh fruit, and bread, crackers or oatmeal.
EC Resident Easy Ride Transportation	Age 65+	Low-cost rides within El Cerrito limits. All riders must be registered. Rides are by appointment only, Mon-Thurs.
Women's Support Group	Age 50+	Support group for women isolated or stressed by life circumstances and who could benefit from sharing with others in a supportive environment. Call (510) 220-5043 for more information.
Alzheimer Respite Program	Age 50+	Designed for individuals with Dementia, program offers supervision and various activities including art, music, exercise and more.
Coming Soon!	Age 50+	Health Insurance Counseling & Advocacy Program Visually Impaired Support Group

El Cerrito Recreation Department

ADULT & SENIOR CLASSES

Zumba	Age 18+	Mon-Sun Wed Mon, Wed	9am 11:30am 6:30pm	Community Center
Shinshin Toitsu Aikido	Age 18+	Mon, Wed, Fri Tues, Thurs	6pm 9am	Castro Clubhouse
Tai Chi: Chen Style	Age 18+	Tues Tues	10:30am 8pm	Hana Gardens Community Center
Tai Chi: Sun-Style	Age 18+	Thurs Thurs	10:30am 8pm	Hana Gardens Community Center
Tai Chi: Chih	Age 60+	Mon	10am	Community Center
Hatha Yoga	Age 18+	Tues Wed	11:45am 9:30am	Community Center Hana Gardens
iPad/iPhone Classes	Age 60+	Wed	10am	Community Center
Pottery Studio	Age 18+	Mon Mon Wed	12pm 7pm 7pm	Tassajara Pottery Studio
Senior Sing Along	Age 60+	Mon	11:15am	Community Center
X-Fit Boot Camp	Age 16+	M, W, F, Sa Mon-Thurs	7am 6:30pm	Community Center

Registration

Open Online at

www.el-cerrito.org/onlinereg_

Online Registration Instructions Available

www.el-cerrito.org/OnlineInstructions



**Advance
Registration
Required**

Keep Our Community HEALTHY



Stay home if experiencing fever, cough, sore throat, chills or other symptoms of illness

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YOUTH PROGRAMS

Karate	Ages 7-17	Tues & Thurs	5pm	Community Center
Lil' Ninja Warrior (Fitness)	Ages 5-10	Mon, Wed	5pm	Community Center
Parent & Me Soccer	Ages 2-3	Sat	9am	Lower Canyon Trail Park
Soccer Skills	Ages 3-4	Sat	9:45am	Lower Canyon Trail Park
Soccer Skills	Ages 5-7	Sat	10:45am	Lower Canyon Trail Park
Soccer Skills	Ages 7-10	Sat	11:50am	Lower Canyon Trail Park
Shinshin Toitsu Aikido	Ages 12-17	Mon, Wed	3-4pm	Castro Clubhouse
Teeter Tots school readiness program for ages 2-4.5. Mon-Thurs from 9am-12pm. Visit www.el-cerrito.org/preschool for more information.				
Afterschool Childcare at Harding, Madera, and Fairmont. Visit www.el-cerrito.org/childcare for more information.				
Afterschool Enrichment Programs at Harding, Madera, and Fairmont (HASEP, MASEP, & FASEP). Visit www.el-cerrito.org/asep for more information.				

GYMNASTICS

Parent & Me Gym Play	Ages 1.5-4	Fri	1:30pm	Community Center
Preschool Gymnastics	Ages 3-5	Wed Thurs Fri	3:15pm 3pm 2:45pm	Community Center
Beginner Gymnastics	Ages 5-10	Mon Wed Thurs Fri	3:15pm 4:15pm 4pm 4pm	Community Center
Gold Gymnastics	Ages 9-14	Thurs	6:10pm	Community Center
Intermediate Gymnastics	Ages 8-14	Mon Thurs	4:15pm 5pm	Community Center
Advanced Gymnastics	Ages 8-14	Mon & Wed	5:30pm	Community Center
Open Gym (All Levels)	Ages 8-14	Fri	5:05pm	Community Center
New! Gymnastics LIT Program during Beginner and Gold Classes. 6-9th graders. Open to current and past advanced students, or those with gymnastics experience. Email tmelton@ci.el-cerrito.ca.us for more information.				

Visit www.el-cerrito.org/onlineereg for program details including session dates, fees, and activity descriptions.

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SWIM CENTER PROGRAMS

Swim Lessons	Age 6mo+	Schedule varies by session. Visit www.el-cerrito.org/swimlessons for details.
Fitness Swim	Age 14+	Includes Lap Swim, Water Walking, and Independent Exercise. Visit www.el-cerrito.org/fitnessswim for schedule.
Masters Swim Team	Age 19+	Monday – Friday from 6am-7am and 7am-8am Saturdays from 8am-9:30am Swimmers participating in ECAMS must register with United States Masters Swimming (USMS).
Gators Swim Club (USA Swim Team)	Juniors Seniors Pre-Team	Mon-Fri from 4:30-5:45pm www.el-cerrito.org/gators Mon-Fri from 4:30-6pm Mon-Fri from 6-6:45pm
Family Swim	All Ages	Includes rEC swim and Tot Splash. Visit www.el-cerrito.org/familyswim for schedule.
Water Aerobics	Age 14+	Independent Exercise Mon, Wed, Fri from 12-1pm Instructor Lead* Thurs from 6:45-7:45pm Instructor Lead* Sat from 9:30-10:30am <i>*Subject to instructor availability</i>
Splash Park	Ages 6 & Under	Mon-Sun from 9:30am-7pm

FACILITY RENTALS

**Clubhouses,
Picnic Sites,
Tennis Courts
& More**

Visit www.el-cerrito.org/Parks-Facilities for information on reserving a space for your next event!

PROGRAM FACILITIES

Community & Swim Center: 7007 Moeser Ln.
Tassajara Pottery Studio: 2575 Tassajara Ave.
Castro Clubhouse: 1420 Norvell St.
Hana Gardens: 10860 San Pablo Ave.
Canyon Trail Park: 6757 Gatto Ave.

CITY HOLIDAYS

Labor Day: Monday, 9/6/21
Veteran's Day: Thursday, 11/11/21
Thanksgiving: Thursday, 11/25/21

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Facebook: @ecrecreation
Instagram: @ecrecreation
Twitter: @ElCerritoREC